



The Original Set

OSO 9 cobalt blue 1/2 oz dropper bottles \$55.55

Hawk, Eagle, Catalpa Tree Flower, Tick, Wild Marjoram, Raven, Deer, Mint Flower, and Hibiscus

The Original Set is the first nine essences co-created in 1992. I had been guided to leave Colorado, where I'd been living since 1982, and move to New Albany, Indiana. Before making the move I chose to fulfill a life-long dream and travel through the US for while.

Before leaving Boulder, I co-created the first two essences, Hawk and Eagle. My first stop was New Albany, Indiana for a get-acquainted visit, where I made Catalpa Tree Flower, Tick, and Wild Marjoram.

After traveling in the midwest and south for a bit, I found out my oldest sister had been diagnosed with cancer. She lived in Chula Vista, California (near San Diego), so in June I headed west. On the way I made two essences in Utah (Raven and Deer), then the final two in San Diego (Mint Flower and Hibiscus).

These essences moved me, gently yet firmly, through much emotional turmoil and layers of old, stuck patterns. When they were completed, my perspective on life had shifted, and my work co-creating essences with nature had begun.

There is a special synergy among these nine essences and together they have a gift for moving you through your layers of mental and emotional baggage. They are an excellent foundation set for those who are new to essences, as well as a powerful tool for the experienced essence practitioner.

Since making these essences, I've discovered the order in which they were made is significant. The first four essences in the set, Hawk (step back from the detail into the big picture), Eagle (focus), Tick (embrace anger and express emotions with integrity)

and Catalpa Tree Flower (share in groups, commitment to community), help you deal with outer situations and dilemmas.

Wild Marjoram, which balances the breath in and the breath out (feminine and masculine), is exactly in the center bringing grounding and stability to the work of the entire set while maintaining your center in a state of dynamic equilibrium.

The last four essences, Raven (embrace your Shadow), Deer (claim your Light), Mint Flower (rebuild foundation and transform abuse), and Hibiscus (express inner wisdom), explore and honor your inner being as you prepare to express again out in the world.

Hibiscus encourages action based on intuition, and as you spiral back to your outer expression, who is there to meet you but Hawk, once again keeping the big picture in mind... and the cycle begins again. This set is a powerful tool for healing on all levels.

Hawk Serenity and clear inner vision. Release small details and gain freedom to see the big picture. Move quickly between the details and the overview to maintain flow and rhythm. Gain awareness of a greater reality. Supports the translation of concept into form, of knowledge into wisdom.

AB9 1/2 oz..... \$8.99

Eagle Focus; helps you discern the next step when you see numerous possibilities yet feel unsure about where to begin. Like the Eagle sighting its prey and becoming totally focused, all distractions fall away and you KNOW the next step to take. Expand beyond the limitations of the physical plane and into the Whole of You, a place you may be unfamiliar with; trust the urge to unfold and embrace your wholeness. Eagle helps you hear your sound on the wind and identify your calling. For discovering your life path, one step at a time.

AB5 1/2 oz..... \$8.99

Catalpa Tree Flower Share yourself joyfully with individuals and in groups. Assists contact with the Angelic Realms. Find peace of mind and self-confidence, stabilizing

emotions and reducing anxiety. An essence of resiliency, long-term commitment, and community.

PL5 1/2 oz..... \$8.99

Tick Embrace your anger. Move through layers of emotion (energy in motion) to your inner joy and reclaim your power to choose your responses to life. Claim and speak your truth in present time. Acknowledge and honor the power and truth in all of your feelings and emotions. Clears old belief systems about “how to act” allowing free emotional expression with integrity.

AU7 1/2 oz..... \$8.99

Wild Marjoram Recognize the natural cycles of being and doing, and the innate creative power of the Breath. Create balance between the breath in (introspection, yin, feminine) and the breath out (action, yang, masculine). Balance is Divine Order in action; sometimes yin-dominant, sometimes yang-dominant – always appropriate to the task at hand. Trust in the Rhythm and Cycle of the Breath, which is the Living God within you.

PL61 1/2 oz..... \$8.99

Raven Show your shadow self. Know, honor and embrace the totality of your being without reservation. As you become willing to acknowledge your wholeness, including your shadow, you will know true freedom. Look for the gift in the darkness rather than always seeking for light. Embrace your Shadow, honor lost or buried experiences, integrate those that work for you, and allow the rest to be gently and gratefully transformed.

AB15 1/2 oz..... \$8.99

Deer I AM LIGHT. Original innocence. Within each of us there is a point of crystalline Light, the Christ Light. Even when we have hidden our inner light away due to life circumstances, it is always there, always a part of us. Deer helps to access this sacred Light and bring it forward in all of its purity and innocence. Assists the release of

negative thought patterns, filling the void with Light.

AN2 1/2 oz..... \$8.99

Mint Flower Heal from the memory of past or buried abuse and rebuild your emotional foundation. Transform past experiences through forgiveness of yourself and others, especially if your memory has been blocked yet your body/mind exhibits symptoms you do not understand. As you "dig up" the past and bring it into the light, recognize the contribution the experience made in your life path, bless it, and use its power and substance to build your new foundation as you move forward with your life.

PL31 1/2 oz..... \$8.99

Hibiscus For the outward expression of feminine or yin energies – creativity, sexuality, and fertility – for both men and women. Aids the development of intuition. The feminine within each of us, male and female, has been dishonored. Hibiscus restores the purity of the feminine/yin frequency, allowing the healthy expression of intuition, sexuality, and innate creativity. Give yourself the opportunity to truly honor these aspects in yourself and others.

PL22 1/2 oz..... \$8.99